

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>Bodystyling</b> ● 10:00 - 11:00	<b>My Body and Mind</b> ● 09:15 - 10:15	<b>Yoga Hatha Flow</b> ● 07:00 - 08:00	<b>Bauchfit</b> ● 09:30 - 10:00	<b>Bauchkiller</b> ● 17:30 - 18:00	<b>Indoorcycling</b> ● 10:00 - 11:00	<b>Zumba</b> ● 10:30 - 11:30
<b>Seniorensport</b> ● 11:00 - 12:00	<b>Stretch &amp; Relax</b> ● 10:15 - 10:45	<b>Meditation</b> ● 08:00 - 08:30	<b>Rückenfit</b> ● 10:00 - 11:00	<b>Indoorcycling</b> ● 18:00 - 19:00	<b>Iron Workout</b> ● 11:15 - 12:15	<b>Flow Yoga</b> ● 11:30 - 12:30
<b>Rückenfit</b> ● 17:30 - 18:00	<b>Präventionssport</b> ● 11:00 - 12:00	<b>Indoorcycling</b> ● 17:00 - 18:00	<b>Bodystyling</b> ● 18:00 - 19:00	<b>Faszientraining</b> ● 18:00 - 19:00	<b>Thai Bo</b> ● 12:15 - 13:15	
<b>Langhantel Training</b> ● 18:00 - 18:45	<b>Stretch &amp; Relax</b> ● 12:00 - 12:30	<b>Bodystyling</b> ● 18:30 - 19:30	<b>Indoorcycling</b> ● 19:00 - 20:00	<b>Hatha Yoga</b> ● 19:00 - 20:00		
<b>Indoorcycling</b> ● 19:00 - 19:45	<b>Bauchkiller</b> ● 17:30 - 18:00	<b>Iron Workout</b> ● 19:30 - 20:30	<b>Boxen</b> ● 19:30 - 21:00			
<b>Pilates</b> ● 19:00 - 20:00	<b>Bodystyling</b> ● 18:00 - 19:00					
<b>Rückenfit</b> ● 20:00 - 20:30	<b>Bauch &amp; Stretch</b> ● 19:00 - 19:30					
	<b>Zumba</b> ● 19:30 - 20:30					